

HR Contacts –

Below are the **FEBRUARY 2017** HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



Important News From HealthQuest



February is American Heart Month – and Friday the 3rd is National Wear Red Day

The fact is: Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute! Fortunately, we have the power to change that because 80 percent of cardiac and stroke events may be prevented with education and action.

This coming National Wear Red Day, Feb. 3, 2017, will mark 15 years since the initial National Wear Red Day, which was first observed to bring national attention to the fact that heart disease is the #1 killer of women, and to raise awareness of women's heart health. According to the American Heart Association below are some of the Go Red for Women accomplishments! They include:

- Nearly 90% of women have made at least one healthy behavior change.
- More than one-third of women has lost weight.
- More than 50% of women have increased their exercise.
- 6 out of 10 women have changed their diets.
- More than 40% of women have checked their cholesterol levels.
- One third of women has talked with their doctors about developing heart health plans.
- Today, nearly 300 fewer women die from heart disease and stroke each day.
- Death in women has decreased by more than 30 percent over the past 10 years.

Obtain your Biometrics for HealthQuest 3 ways – Onsite Screening, Home-Kit or Physician Form!

Logon to www.kansashealthquest.cernerwellness.com, once logged in click the Step 2 Image to get to all the options!

February Onsite Events

2/6/2017	KU, KU Memorial Union 1301 Jayhawk Blvd, Room Big 12	Lawrence	8:00 AM	1:00 PM
2/7/2017	KU, KU Memorial Union 1301 Jayhawk Blvd, Room Big 12	Lawrence	8:00 AM	1:00 PM
2/7/2017	Osborne High School Gym, 219 N 2nd	Osborne	7:00 AM	11:00 AM
2/8/2017	Stockton Grade School Gym, 201 N Cypress	Stockton	7:00 AM	12:00 PM
2/8/2017	KPERS, Board Room, 611 S Kansas Ave, Suite 100	Topeka	7:00 AM	1:00 PM
2/9/2017	KUMC, Student Services Bldg, Francisco Lounge, 3901 Rainbow Blvd	Kansas City	7:00 AM	2:00 PM
2/9/2017	KDOT District 3, District Office Basement, 312 S 2nd	Norton	7:00 AM	12:00 PM
2/10/2017	216 N 4th, Nurse's Office	Hill City	7:00 AM	11:00 AM
2/13/2017	USD 243 Lebo /Waverly, 607 Pearson, FAC/Spanish Rm	Waverly	7:00 AM	11:00 AM
2/14/2017	PSU, Overman Student Center, Governors Rm, 302 E Cleveland	Pittsburg	7:00 AM	12:00 PM
2/14/2017	Dept of Revenue, 300 SW 29th, Flinthills Rm	Topeka	8:30 AM	1:00 PM
2/15/2017	FHSU, Memorial Union Fort Hays Ballroom, Room 228, 700 College Dr	Hays	7:00 AM	12:00 PM
2/16/2017	FHSU, Memorial Union Fort Hays Ballroom, Room 228, 700 College Dr	Hays	7:00 AM	12:00 PM
2/16/2017	McLouth USD 342, Auditorium, 217 Summit St, McLouth	McLouth	7:00 AM	11:30 AM
2/17/2017	Colby Community College, Student Union 108, 1255 S Range	Colby	7:00 AM	12:00 PM
2/17/2017	Curtis Bldg Rm 530, 1000 SW Jackson	Topeka	8:30 AM	1:00 PM
2/20/2017	Hays High School, Gym B, 2300 E 13th St	Hays	7:00 AM	12:00 PM
2/20/2017	USD 288, Central Heights School, Cearfoss Gym, 3521 Ellis Rd	Richmond	7:00 AM	11:30 AM
2/21/2017	Iola Masonic Lodge, 213 W. Madison Street	Iola	8:00 AM	12:00 PM
2/21/2017	WSU, Rhatigan Student Center, 266 Pike Rm, 1845 Fairmount St	Wichita	8:00 AM	5:00 PM
2/22/2017	KDOT District 4, South Bldg, North Rm, 411 W 14th St	Chanute	8:00 AM	1:00 PM
2/22/2017	Sedgwick County Courthouse, Basement Meeting Rm, 525 N Main	Wichita	7:00 AM	12:00 PM
2/23/2017	FSCC, Fine Arts Center Meeting Rooms, 2108 S Horton	Fort Scott	7:00 AM	12:00 PM
2/23/2017	KDOT Training Center, 3200 East 45th Street North	Wichita	7:30 AM	1:00 PM
2/27/2017	ESU, Memorial Union 2nd floor, 1331 Market St	Emporia	8:00 AM	1:00 PM
2/28/2017	KHP, Troop F Headquarters, C106 Meeting Room, 1900 E Tigua	Kechi	8:00 AM	1:00 PM
2/28/2017	USD 421 District Office, Conf Room, 421 E 6th	Lyndon	7:00 AM	11:00 AM



Naturally Slim participants – Your Welcome Kits are on their Way!

The first **Natrually Slim** class starts **Monday February 6th**!

www.naturallyslim.com/kansashealthquest

Go to: www.kansashealthquest.cernerwellness.com to register today for your new 2017 HealthQuest Account! The NEW HealthQuest program runs from January 1, 2017 – December 31, 2017. Plan C HSA/HRA contribution deadline is 11/9/2017.

Be sure to complete your REQUIRED Health Assessment and earn 40 total credits!

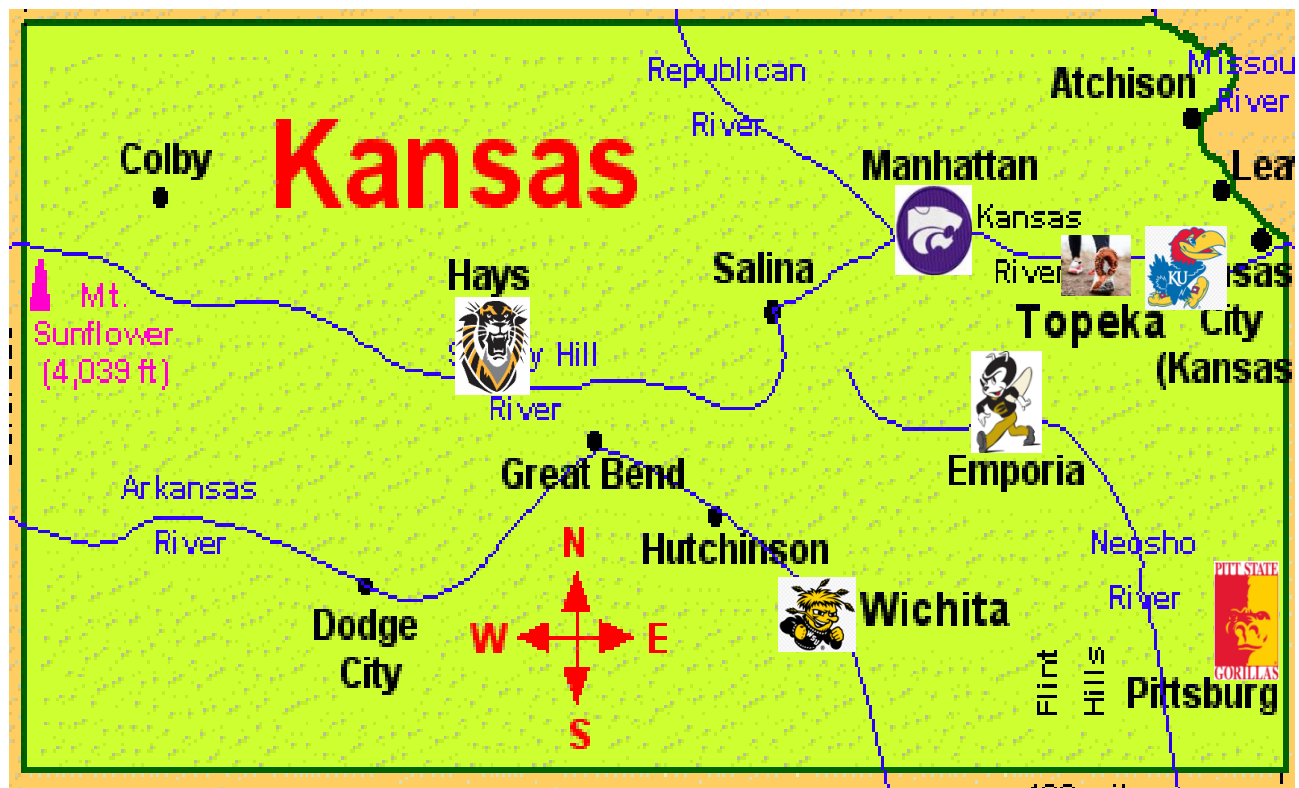
Walk of Knowledge Steps Challenge Starts February 13th!

(worth 4 HQ Credits and for Plan C members a \$40 HRA/HSA contribution)

This first challenge of 2017 is 6 weeks long, running from February 13th to March 27th! Be on the look out for an email February 6th and get signed up from February 6th – February 19th. It will be an individual or team challenge with a max 4 participants per team. Each participant has a daily goal of 4,000 steps so 28,000 weekly steps!

Through this challenge we will tour all Kansas Regents –the challenge will start in Topeka then head to Fort Hays State University, Wichita State University, Emporia State University, Kansas State University, the University of Kansas and end at Pittsburg State University. There will be optional quizzes about the universities as well as wellness quizzes. These are optional and will increase your knowledge of wellness and the different Kansas universities.

Logon to <https://kansashealthquest.cernerwellness.com/dt/v2/sokindex.asp> to get signed up!



Quarter 1 2017 EAP Campaign – Physical Well-Being – Webinar Schedule

February 23rd @ 11AM – Healthy Food Choices on the Go

March 23rd @ 11AM – Developing Will Power and Self Control to Change Behavior

EAP Monthly Webinar Series – February 23rd, at 11:00AM

1-888-275-1205 OPTION 1, guidanceresources.com (web ID: SOKEAP)

Healthy Food Choices on the Go

Don't allow changes in your normal routine to cause you to fall off track with good nutrition. Whether you are a frequent traveler, packing meals to bring to work or spending more time in your car lately, "Healthy Food Choices on the Go" will help you identify opportunities to improve your food choices no matter what situation you find yourself in.

<https://attendee.gotowebinar.com/register/3997520092733625092>

If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.



5 Tips for Boosting Energy

Just a few, easy lifestyle changes can help you boost your energy naturally:

- **Stay hydrated:** Even slight dehydration can leave a person feeling tired and lethargic. Keep a tall glass of water or a water bottle with you throughout the day.
- **Get moving:** As little as 10 minutes of exercise a day can improve energy levels and mood. Physical activity, even walking, is a great energy booster.
- **Get adequate sleep:** Getting seven to nine hours of sleep per night is optimal. Aim to go to bed and get up at the same time every day, even on the weekends.
- **Choose healthy snacks:** If you're going to snack, make smart snack choices. Have a couple of snacks that combine protein, fiber and a little fat, such as an apple and string cheese or yogurt and nuts.
- **Reduce stress:** Stress has a major impact on energy levels. Stress can leave a person feeling mentally and physically exhausted. Try to take 20 minutes for yourself every day just to relax.



<https://portal.rxsavingsolutions.com/#/register>

Kick the Smoking Habit and Save

As we start out the new year, many of us have made resolutions to better our lives during the upcoming year and beyond. One of the most common resolutions is to quit smoking. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by quitting smoking. The costs associated with smoking to both your health and wallet are too numerous to count, but below are some key financial costs to consider if you currently smoke.

- Average cost per pack of cigarettes in the US¹ = \$6.36
- Health-related costs to you per pack of cigarettes¹ = \$35

To put these costs in perspective, if a person smokes a pack a day, that adds up to about \$2,300 per year in cigarette costs, and an additional \$12,700 per year in potential health-related costs. You may not pay 100% of health-related costs directly if you have insurance, but higher costs paid by health insurers will eventually trickle down to higher insurance premiums for everyone.

By making the decision to quit smoking, you can potentially reduce the amount you pay each year for prescriptions and medical care. There are several online resources such as www.smokefree.gov and www.cancer.org/smokeout to help you create an overall smoking cessation plan. In addition, the SEHP provides coverage for 100% of the cost of certain tobacco cessation products. It is important for patients to be active participants in managing their health.

References: <https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/infographics/true-cost-of-smoking-infographic-print.pdf>

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